

## Update for the week of 11/25/2024

With Thanksgiving fast approaching and our November Sprints meet now behind us, I'm keeping this week short. As always, a **HUGE** thank you to everyone who helped make this weekend a success. Anyone in attendance saw the largest meet we've run this season. Thank you to everyone who volunteered in any manner and to everyone who donated items. This meet would not have been a success without you.

## **SCHEDULE CHANGES FOR THE WEEK**

The Milford groups will stay on their normal schedule this week.

The SCC is closed for its annual maintenance - all practices in the following schedule are at **Masuk**. The schedule is also posted under NEWS on the website.

Monday 11/25	Seniors	3:30 - 5:00
	Juniors	5:00 - 6:15
	Novice	6:15 - 7:00
Tuesday 11/26	Seniors	3:30 - 4:45
	Juniors	4:45 - 6:00
	Novice	OFF
Wednesday 11/27	Seniors	1:30 - 2:45
	Juniors	2:45 - 4:00
	Novice	4:00-5:00
Thursday 11/28	ALL GROUPS AND SITES ARE OFF	
Friday 11/29 & Saturday 11/30	Seniors	9:00 - 10:30
	Juniors	10:30 - 12:00
	Novice	12:00 - 1:00
Sunday 12/1	Seniors	10:00-12:00

## **RAPIDS SWIM TEAM**